

UNDER 11 BOYS RANKINGS 2008

60m indoors

Daniel Griffin	Kings Lynn	20/01/2008	9.5
Callum Mooney	Welwyn	21/03/2008	10.4

80m

Harry Simmons	Bury St Edmunds	17/08/2008	11.3
Daniel Griffin	Gt Yarmouth	10/08/2008	11.6
Toby Price	Norwich	10/05/2008	11.9
Jonathan Tomes	Gt Yarmouth	10/08/2008	11.9
P Wiltshire	Gt Yarmouth	22/06/2008	12.2
Sam Church	Gt Yarmouth	22/06/2008	12.4
A Oakley	Gt Yarmouth	10/08/2008	12.4
Thomas Lake	Bury St Edmunds	17/08/2008	12.8
M Doncaster	Gt Yarmouth	10/08/2008	13.4
Callum Mooney	Norwich	10/05/2008	13.6

600m

Harry Simmons	Bury St Edmunds	17/08/2008	1.50.3	COUNTY RECORD
Toby Price	Norwich	10/05/2008	1.51.9	
P Wiltshire	Gt Yarmouth	22/06/2008	1.55.9	
Thomas Lake	Norwich	10/05/2008	1.58.5	
William Hunt	Norwich	10/05/2008	2.03.2	
Daniel Griffin	Gt Yarmouth	24/07/2008	2.06.4	
Callum Mooney	Norwich	10/05/2008	2.07.6	
A Oakley	Gt Yarmouth	10/08/2008	2.08.5	
M Doncaster	Gt Yarmouth	22/06/2008	2.19.2	

Long Jump

Daniel Griffin	Norwich	10/05/2008	4.15	CLUB RECORD
Harry Simmons	Kings Lynn	18/05/2008	4.10	
Jonathan Tomes	Norwich	10/05/2008	3.96	
A Oakley	Gt Yarmouth	10/08/2008	3.51	
S Church	Gt Yarmouth	22/06/2008	3.42	
William Hunt	Norwich	10/05/2008	3.32	
M Doncaster	Gt Yarmouth	10/08/2008	3.00	
Callum Mooney	Norwich	10/05/2008	2.89	

UNDER 11 GIRLS RANKINGS 2008

80m

Grace Ashworth	Bury St Edmunds	17/08/2008	12.3
Spenser Ann Lengsfield	Bury St Edmunds	17/08/2008	12.3
Jessica Clegg	Gt Yarmouth	10/08/2008	12.5
Jessica Doncaster	Gt Yarmouth	22/06/2008	12.6
Katie Francis	Sandy	27/09/2008	12.6
Abigale Clarke	Gt Yarmouth	10/08/2008	13.2
Chloe LeRoy	Gt Yarmouth	22/06/2008	13.4
Hannah Ramm	Gt Yarmouth	10/08/2008	13.4
Ashleigh Bunn	Gt Yarmouth	24/07/2008	13.7
Molly Scott	Kings Lynn	18/05/2008	14.2
Lauren Stansbury	Gt Yarmouth	15/06/2008	14.3
Hope Paganini	Norwich	10/05/2008	14.7
Anabel Kennard	Gt Yarmouth	15/06/2008	15.0
Anna Harrison	Bury St Edmunds	17/08/2008	15.2
Abigale Holden	Gt Yarmouth	15/06/2008	15.6
Rebecca Brown	Gt Yarmouth	22/06/2008	15.8
Ellie Coldwell	Kings Lynn	18/05/2008	16.7

600m

Megan Bird	Kings Lynn	18/05/2008	2.04.0
Ashleigh Bunn	Gt Yarmouth	15/06/2008	2.05.8
Grace Ashworth	Bury St Edmunds	17/08/2008	2.06.5
Katie Francis	Sandy	27/09/2008	2.14.8
Chloe LeRoy	Gt Yarmouth	15/06/2008	2.18.8
Isabelle Chrysafi	Gt Yarmouth	22/06/2008	2.18.8
Molly Scott	Gt Yarmouth	15/06/2008	2.19.8
Hannah Ramm	Bury St Edmunds	17/08/2008	2.21.2
Jessica Doncaster	Gt Yarmouth	10/08/2008	2.22.9
Georgina Paganini	Norwich	10/05/2008	2.24.3
Lauren Stansbury	Norwich	10/05/2008	2.24.5
Spenser Ann Lengsfield	Kings Lynn	18/05/2008	2.26.7

Abigale Clarke	Gt Yarmouth	24/07/2008	2.30.9
Eden Gerald	Gt Yarmouth	15/06/2008	2.36.2
Anna Harrison	Bury St Edmunds	17/08/2008	2.43.2
Rebecca Brown	Gt Yarmouth	22/06/2008	2.49.1
Ellie Coldwell	Kings Lynn	18/05/2008	2.52.6

Long Jump

Grace Ashworth	Gt Yarmouth	15/06/2008	3.74
Spenser Ann Lengsfield	Gt Yarmouth	22/06/2008	3.67
Jessica Doncaster	Gt Yarmouth	15/06/2008	3.18
Katie Francis	Norwich	10/05/2008	3.01
Chloe LeRoy	Gt Yarmouth	22/06/2008	3.01
Anabel Kennard	Gt Yarmouth	15/06/2008	2.95
Eden Gerald	Gt Yarmouth	15/06/2008	2.87
Hannah Ramm	Gt Yarmouth	15/06/2008	2.81
Ashleigh Bunn	Gt Yarmouth	10/08/2008	2.71
Isabelle Crysafi	Gt Yarmouth	10/08/2008	2.66
Molly Scott	Gt Yarmouth	15/06/2008	2.52
Lauren Stansbury	Gt Yarmouth	15/06/2008	2.48
Abigale Holden	Gt Yarmouth	15/06/2008	2.28

Ball Throw

Hannah Ramm	Gt Yarmouth	15/06/2008	19.93
Eden Gerald	Gt Yarmouth	15/06/2008	19.79
Anabel Kennard	Gt Yarmouth	15/06/2008	18.52
Abigale Holden	Gt Yarmouth	15/06/2008	16.16
Ashleigh Bunn	Gt Yarmouth	15/06/2008	14.76
Lauren Stansbury	Gt Yarmouth	15/06/2008	13.63

UNDER 13 BOYS RANKINGS 2008

60m indoors

Ross Gilbert	Kings Lynn	20/01/2008	8.9	G4	CLUB RECORD
Sam Green	Kings Lynn	20/01/2008	9.2	G4	

75m

Bradley Aldous	Gt Yarmouth	10/04/2008	10.8	CLUB RECORD
Ross Gilbert	Gt Yarmouth	10/04/2008	10.8	
Bradley Stansbury	Gt Yarmouth	10/04/2008	11.8	

100m

Ross Gilbert	Lee Valley	01/06/2008	13.8	G3
Oliver Brdfield	Great Yarmouth	10/08/2008	13.8	G3
Scott Greeves	Great Yarmouth	10/08/2008	13.8	G4
Bradley Aldous	Norwich	10/05/2008	14.3	G4
Sam Green	Peterborough	20/04/2008	14.6	G4
Ross McLachlan	Peterborough	20/04/2008	14.7	
Daniel Woolley	Kings Lynn	18/05/2008	14.9	
Adam King	Norwich	10/05/2008	15.2	
William Gibbs	Norwich	10/05/2008	15.7	
Benjamin Kennard	Norwich	10/05/2008	16.1	

150m

Scott Greeves	Gt Yarmouth	10/04/2008	22.0
Ross Gilbert	Gt Yarmouth	10/04/2008	22.3
Bradley Aldous	Gt Yarmouth	10/04/2008	22.6
Bradley Stansbury	Gt Yarmouth	10/04/2008	23.9

200m

Scott Greeves	Norwich	10/05/2008	28.1	G3
Bradley Aldous	Norwich	10/05/2008	28.8	G3
Ross Gilbert	Norwich	10/05/2008	29.1	G4
Daniel Wooley	Norwich	10/05/2008	30.2	G4
Sam Green	Norwich	10/05/2008	30.2	G4
Ross McLachlan	Norwich	20/07/2008	30.8	
E Hurren	Gt Yarmouth	22/06/2008	32.6	

600m

Scott Greeves	Gt Yarmouth	10/04/2008	1.49.4	CLUB RECORD
Bradley Stansbury	Gt Yarmouth	10/04/2008	1.59.5	

800m

Scott Greeves	Woodford Green	04/05/2008	2.21.7	G1	UK RANK 31
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Adam King	Norwich	10/05/2008	2.40.3	G4
William Gibbs	Norwich	10/05/2008	2.42.0	
Magnus Chapman	Norwich	10/05/2008	2.44.3	
Bradley Stansbury	Norwich	10/05/2008	2.44.4	
Ross Gilbert	Bromley	18/05/2008	2.47.1	
E Hurren	Gt Yarmouth	22/06/2008	3.06.1	

1500m

Scott Greeves	Norwich	12/05/2008	4.57.7	G2
Daryl Broughton	Norwich	20/07/2008	5.08.5	G3
Magnus Chapman	Norwich	12/05/2008	5.29.8	
Bradley Stansbury	Norwich	12/05/2008	5.33.6	
Steven Parsonage	Norwich	12/05/2008	5.53.3	

75m hurdles

Bradley Aldous	Lee Valley	01/06/2008	14.8	G3
Ross Gilbert	Norwich	20/07/2008	15.0	G4
Bradley Stansbury	Lee Valley	01/06/2008	15.5	G4
Sam Green	Bury St Edmunds	17/08/2008	17.0	

High Jump

Oliver Bradfield	Bury St Edmunds	17/08/2008	1.50	G1	UK RANK 15	EQ CLUB RECORD
Ross Gilbert	Norwich	22/06/2008	1.35	G3		
Scott Greeves	Bedford	27/09/2008	1.30	G3		
Bradley Stansbury	Bedford	27/09/2008	1.27	G4		
Ross McLachlan	Woodford Green	04/05/2008	1.15			
Daniel Woolley	Kings Lynn	18/05/2008	1.10			

Long Jump

Bradley Aldous	Norwich	22/06/2008	4.75	G1	UK RANK 36	
Ross McLachlan	Norwich	22/06/2008	4.37	G2		
Scott Greeves	Peterborough	20/04/2008	4.27	G3		
Ross Gilbert	Kings Lynn	20/01/2008	4.15	G3		
Benjamin Kennard	Kings Lynn	18/05/2008	3.98	G4		
Bradley Stansbury	Gt Yarmouth	10/04/2008	3.80	G4		
Sam Green	Norwich	10/05/2008	3.77	G4		
E Hurren	Gt Yarmouth	22/06/2008	3.50			
William Gibbs	Norwich	10/05/2008	3.47			
Adam King	Norwich	10/05/2008	2.92			

Javelin

Oliver Bradfield	Bury St Edmunds	17/08/2008	57.55	G1	UK RANK 1	BRITISH ALLTIME RECORD
Bradley Stansbury	Bedford	27/09/2008	29.84	G2		
Benjamin Kennard	Gt Yarmouth	15/06/2008	17.21			
Steven Parsonage	Norwich	12/05/2008	12.42			

Shot

Oliver Bradfield	Norwich	20/07/2008	9.34	G1	UK RANK 31	
Sam Green	Lee Valley	01/06/2008	6.04	G4		
Scott Greeves	Bedford	27/09/2008	5.87			
Ross McLachlan	Lee Valley	01/06/2008	5.86			
Bradley Stansbury	Bromley	18/05/2008	4.55			

Discus

Oliver Bradfield	Norwich	10/05/2008	23.80	G2	UK RANK 32	
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Relay 4 x 100m

Scott, Sam, Ross G, Bradley A	Bromley	18/05/2008	57.5			
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Relay 4 x 200m

	Norwich	12/05/2008	2.11.0			CLUB RECORD
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Minithon

Scott Greeves	Bedford	27/09/2008	59			
Bradley Stansbury	Bedford	27/09/2008	48			

UNDER 13 GIRLS RANKINGS 2008

60m indoors

Ella Stephenson	Kings Lynn	20/01/2008	8.6	G2		
Bethany Clarke	Kings Lynn	20/01/2008	9.0	G3		
Kate Vickery	Kings Lynn	20/01/2008	9.1	G3		
Megan Wilson	Kings Lynn	20/01/2008	10.6			
Lucy Barnard	Kings Lynn	20/01/2008	10.6			

60m Hurdles indoors

Jessica Hammiton	Kings Lynn	20/01/2008	11.2	G4
Charlotte Griffin	Kings Lynn	20/01/2008	13.0	
Stephanie Griffin	Kings Lynn	20/01/2008	13.6	
Megan Wilson	Kings Lynn	20/01/2008	14.0	

75m

Ella Stephenson	Norwich	20/07/2008	9.9	G1
Katie Vickery	Norwich	20/07/2008	10.0	G1
Ellie Blunt	Lea Valley	01/06/2008	10.7	G2
Bethany Clarke	Gt Yarmouth	10/04/2008	10.8	G3
Naomi Tomes	Woodford Green	04/05/2008	10.9	G3
Lucy Barnard	Gt Yarmouth	10/04/2008	13.3	

UK RANK 4

UK RANK 13

100m

Ella Stephenson	Bury St Edmunds	17/08/2008	13.6	G2
Kate Vickery	Gt Yarmouth	10/08/2008	13.8	G2
Bethney Clarke	Gt Yarmouth	10/08/2008	13.9	G2
Jessica Hamilton	Gt Yarmouth	10/08/2008	13.9	G2
Laura Johnson	Gt Yarmouth	15/06/2008	14.1	G3
Eleanor Blunt	Norwich	10/05/2008	14.2	G3
Naomi Tomes	Gt Yarmouth	15/06/2008	14.4	G4
Charlotte Griffin	Gt Yarmouth	22/06/2008	14.8	G4
Stephanie Griffin	Gt Yarmouth	10/08/2008	15.0	G4
Lucy Cadley	Bury St Edmunds	17/08/2008	15.3	
Jessica McNaughton	Peterborough	25/08/2008	15.8	
Kirsty Parke	Gt Yarmouth	15/06/2008	16.0	
Michaela Fester	Norwich	10/05/2008	16.3	
Sarah Wright	Norwich	10/05/2008	16.7	
Lucy Barnard	Kings Lynn	18/05/2008	16.7	
Holly Holden	Gt Yarmouth	22/06/2008	16.7	
Charlotte Williams	Gt Yarmouth	15/06/2008	18.6	

150m

Eleanor Blunt	Norwich	20/07/2008	20.3	G1
Ella Stephenson	Bromley	18/05/2008	20.5	G1
Katie Vickery	Bromley	18/05/2008	21.0	G2
Naomi Tomes	Woodford Green	04/05/2008	21.2	G2

200m

Ella Stephenson	Peterborough	20/04/2008	28.4	G2
Eleanor Blunt	Bury St Edmunds	21/09/2008	28.6	G2
Naomi Tomes	Norwich	10/05/2008	29.3	G3
Kate Vickery	Gt Yarmouth	24/07/2008	30.0	G3
Bethany Clarke	Gt Yarmouth	22/06/2008	30.7	G4
Charlotte Griffin	Bury St Edmunds	17/08/2008	31.3	G4
Laura Johnson	Bury St Edmunds	17/08/2008	31.8	G4
Megan Wilson	Gt Yarmouth	10/08/2008	32.6	
Stephanie Griffin	Gt Yarmouth	24/07/2008	33.2	
Sarah Wright	Norwich	10/05/2008	34.5	
Holly Holden	Gt Yarmouth	22/06/2008	35.6	

800m

Emily Hoogkammer	Norwich	10/05/2008	2.41.2	G3
Megan Wilson	Gt Yarmouth	10/08/2008	2.44.3	G4
Ella Stephenson	Norwich	22/06/2008	2.49.4	G4
Kate Vickery	Norwich	20/07/2008	2.55.3	
Jessica McNaughton	Norwich	22/06/2008	2.56.2	
Ellie Blunt	Kings Lynn	18/05/2008	3.04.5	
Laura Cadley	Kings Lynn	18/05/2008	3.09.2	
Catherine Burton	Kings Lynn	18/05/2008	3.14.5	
Georgina Mitchell				

1200m

Emily Hoogkammer	Norwich	22/06/2008	4.12.1	G3
Megan Wilson	Norwich	20/07/2008	4.29.7	G4
Rachel Matthews	Norwich	20/07/2008	5.00.2	

1500m

Emily Hoogkammer	Norwich	12/05/2008	5.20.9	G3
Megan Wilson	Norwich	12/05/2008	5.54.6	
Eleanor Blunt	Bury St Edmunds	21/09/2008	6.17.9	
Charlotte Griffin	Bury St Edmunds	21/09/2008	6.28.1	

70m Hurdles

Jessica Hamilton	Lea Valley	01/06/2008	12.4	G2
Stephanie Griffin	Bury St Edmunds	21/09/2008	13.0	G3
Eleanor Blunt	Bury St Edmunds	21/09/2008	13.0	G3
Charlotte Griffin	Great Yarmouth	10/08/2008	13.2	G3
Jessica McNaught	Peterborough	25/08/2008	14.4	
Georgie Butler	Norwich	10/05/2008	18.5	

High Jump

Naomi Tomes	Bury St Edmunds	21/09/2008	1.40	G1	UK RANK 35
Jessica Hamilton	Lea Valley	01/06/2008	1.34	G2	
Lucy Cadley	Bury St Edmunds	21/09/2008	1.25	G3	
Sarah Kelly	Norwich	20/07/2008	1.20	G4	
Ellie Blunt	Lea Valley	01/06/2008	1.15		
Megan Wilson	Norwich	22/06/2008	1.05		

Long Jump

Kate Vickery	Norwich	20/07/2008	4.66	G1	UK RANK 17
Jessica Hamilton	Norwich	22/06/2008	4.36	G1	
Bethany Clarke	Gt Yarmouth	10/08/2008	4.28	G2	
Eleanor Blunt	Norwich	10/05/2008	3.98	G3	
Naomi Tomes	Gt Yarmouth	15/06/2008	3.91	G3	
Laura Johnson	Bury St Edmunds	17/08/2008	3.84	G4	
Sarah Kelly	Norwich	10/05/2008	3.60	G4	
Lizzy Costello	Norwich	10/05/2008	3.48		
Charlotte Griffin	Gt Yarmouth	24/07/2008	3.40		
Stephanie Griffin	Gt Yarmouth	24/07/2008	3.26		
Jessica McNaught	Norwich	10/05/2008	3.26		
Megan Wilson	Woodford Green	04/05/2008	3.22		
Lucy Barnard	Kings Lynn	20/02/2008	3.12		
Sarah Wright	Norwich	10/05/2008	2.47		

Shot

Stephanie Griffin	Bury St Edmunds	17/08/2008	7.70	G2
Naomi Tomes	Norwich	22/06/2008	7.59	G2
Lucy Barnard	Kings Lynn	18/05/2008	6.75	G3
Georgie Butler	Norwich	10/05/2008	6.11	G4
Jessica Hamilton	Kings Lynn	20/02/2008	5.91	G4
Ellie Blunt	Norwich	20/07/2008	5.74	G4
Charlotte Griffin	Gt Yarmouth	24/07/2008	5.73	
Lizzie Costello	Gt Yarmouth	22/06/2008	5.48	
Emily Hoogkammer	Norwich	22/06/2008	5.40	
Katie Vickery	Gt Yarmouth	24/07/2008	4.99	
Megan Wilson	Norwich	10/05/2008	4.26	

Discus

Charlotte Griffin	Gt Yarmouth	22/06/2008	18.60	G3
Lucy Barnard	Gt Yarmouth	22/06/2008	15.58	G4
Gemma Vickery	Peterborough	25/08/2008	14.97	G4
Lizzy Costello	Norwich	10/05/2008	14.96	G4
Katie Vickery	Gt Yarmouth	10/08/2008	12.73	

Hammer

Gemma Vickery	Great Yarmouth	10/08/2008	14.70	
Lucy Barnard	Norwich	10/05/2008	11.12	

Javelin

Stephanie Griffin	Bury St Edmunds	21/09/2008	21.70	G2	UK RANK 29
Emily Hoogkammer	Norwich	12/05/2008	16.56	G4	
Lucy Barnard	St Ives	23/07/2008	12.67		
Jessica McNaughton	Peterborough	20/04/2008	7.75		

Relay 4 x 100m

Norwich		22/06/2008	54.7	
Naomi, Eleanor, Jessica, Ella				

Relay 4 x 200m

Norwich		12/05/2008	2.04.7	
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UNDER 15 BOYS RANKINGS 2008**100m**

George McGibbon	Norwich	20/07/2008	12.1	G2
Tyler Berry	Bury St Edmunds	17/08/2008	12.4	G3

Danny Clayton	Bury St Edmunds	17/08/2008	12.6	G4
Callum Brown	Gt Yarmouth	24/07/2008	12.7	G4
Robin Maingay	Bury St Edmunds	21/09/2008	12.7	G4
Solay Elibol	Norwich	20/07/2008	12.8	G4
Richard Wetherall	Bury St Edmunds	17/08/2008	12.9	G4
Lucas Siercons	Norwich	10/05/2008	13.0	G4
Steven McGhee	Bromley	18/05/2008	13.5	
Ryan Wilson	Gt Yarmouth	22/06/2008	13.5	
Sean Watson	Woodford Green	04/05/2008	14.6	
Ryan Howard	Bury St Edmunds	17/08/2008	14.8	
James Kent	Peterborough	25/08/2008	14.9	
William Lewis	Norwich	10/05/2008	15.0	
Josh Scott	Gt Yarmouth	22/06/2008	15.0	

150m

Callum Brown	Gt Yarmouth	10/04/2008	19.4	
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200m

Tyler Berry	Gt Yarmouth	10/08/2008	24.7	G2
Martainn Ramsey	Gt Yarmouth	10/08/2008	25.2	G3
Callum Brown	Gt Yarmouth	24/07/2008	25.3	G3
George McGibbon	Norwich	14/06/2008	25.7	G4
Solay Elibol	Lee Valley	10/08/2008	26.1	G4
Tejiri Ighomerho	Bromley	18/05/2008	26.6	G4
Steven McGhee	Lee Valley	01/06/2008	26.9	G4
Ryan Wilson	Gt Yarmouth	10/08/2008	28.9	
Alex Lubbock	Woodford Green	04/05/2008	29.2	
James Kent	Peterborough	25/08/2008	31.0	
Josh Scott	Gt Yarmouth	22/06/2008	31.5	
Jonathon Wicks	Norwich	10/05/2008	32.2	

400m

Callum McLaren	Norwich	20/07/2008	56.1	G2
Jack Harrison	Gt Yarmouth	10/08/2008	59.4	G4
Steven McGhee	Lee Valley	01/06/2008	59.5	G4
Alex Lubbock	Bury St Edmunds	21/09/2008	61.9	
William Lewis	Norwich	10/05/2008	64.7	
Ryan Wilson	Gt Yarmouth	10/08/2008	66.9	
Sean Watson	Peterborough	20/04/2008	67.0	
Jake Scott	Gt Yarmouth	22/06/2008	72.0	

800m

Callum McLaren	Gateshead	11/07/2008	2.04.06	G1
Martin Ramsey	Lee Valley	01/06/2008	2.13.0	G3
Jack Harrison	Copthall	24/08/2008	2.13.37	G3
Sean Watson	Woodford Green	04/05/2008	2.25.8	
Alex Lubbock	Norwich	10/05/2008	2.26.3	
Tom Hook	Gt Yarmouth	10/08/2008	2.28.0	
Richard Wetherall	Gt Yarmouth	10/08/2008	2.34.3	
Christopher Wright	Peterborough	20/04/2008	2.34.6	
Ryan Wilson	Gt Yarmouth	22/06/2008	2.51.3	
Jake Scott	Gt Yarmouth	22/06/2008	2.53.2	

UK RANK 28

1500m

Callum McLaren	Norwich	12/05/2008	4.23.9	G1
Martin Ramsey	Peterborough	19/06/2008	4.29.9	G2
Tom Hook	Bury St Edmunds	21/09/2008	4.40.1	G3
Sean Watson	Norwich	12/05/2008	4.52.7	G4
William Louis	Norwich	12/05/2008	4.57.4	G4
Jack Harrison	Lee Valley	01/06/2008	4.57.9	G4
Arthur Chapman	Norwich	12/05/2008	5.03.7	
Alex Lubbock	Norwich	12/05/2008	5.07.9	
Charlie Clark	Bury St Edmunds	17/08/2008	5.20.0	
Sam Gotts	Kings Lynn	18/05/2008	5.21.6	
Steven Hadley	Norwich	20/07/2008	6.04.5	

3000m

Tom Hook	Norwich	10/05/2008	10.46.4	
Sean Watson	Norwich	10/05/2008	11.13.5	

80m Hurdles

Steven Hadley	Norwich	20/07/2008	13.7	G4
Tejiri Ighomerho	Norwich	22/06/2008	14.3	G4
Ryan Wilson	Bury St Edmunds	21/09/2008	15.5	

Ryan Howard	Bury St Edmunds	21/09/2008	17.0
Jack Harrison	Woodford Green	04/05/2008	18.2

Long Jump

Robin Maingay	Bury St Edmunds	17/08/2008	5.70	G2	UK RANK 28
Callum Brown	Norwich	10/05/2008	5.50	G2	
Danny Clayton	Bury St Edmunds	21/09/2008	5.43	G2	
Tyler Berry	Norwich	20/07/2008	5.07	G4	
Lucas Siercons	Norwich	10/05/2008	4.93	G4	
L Fanutza-Davis	Great Yarmouth	10/08/2008	4.42		
Ryan Howard	Sandy	27/09/2008	4.15		
Jonathon Wicks	Norwich	10/05/2008	4.01		
Solay Elibol	Peterborough	20/04/2008	3.74		
Tom Hook	Peterborough	20/04/2008	3.71		

High Jump

Tyler Berry	Bury St Edmunds	17/08/2008	1.65	G2
Tejiri Ighomerho	Norwich	22/06/2008	1.55	G3
Callum Brown	Lee Valley	01/06/2008	1.45	G4
Steven Hadley	Norwich	22/06/2008	1.45	G4
Tom Hook	Great Yarmouth	10/08/2008	1.34	
Ryan Howard	Peterborough	20/04/2008	1.20	

Triple Jump

Callum Brown	Bury St Edmunds	17/08/2008	10.95	G4
Ryan Howard	Bury St Edmunds	17/08/2008	9.81	
Sam Gotts	Kings Lynn	18/05/2008	8.44	

Shot

Danny Clayton	Bury St Edmunds	17/08/2008	13.33	G1	UK RANK 14
Richard Wetherall	Gt Yarmouth	10/08/2008	11.86	G2	
Callum Brown	Sandy	27/09/2008	10.71	G3	
Michael Painter	Norwich	10/05/2008	10.39	G4	
Lucas Siercons	Norwich	10/05/2008	8.05		
Solay Elibol	Woodford Green	04/05/2008	7.38		
James Kent	Norwich	10/05/2008	6.11		
Alex Lubbock	Kings Lynn	18/05/2008	4.20		

Hammer

Danny Clayton	Norwich	14/09/2008	56.71	G1	UK RANK 2	UKA POWER OF 10 STANDARD
Michael Painter	Bury St Edmunds	21/09/2008	52.14	G1	UK RANK 4	UKA POWER OF 10 STANDARD
Callum Brown	Peterborough	25/08/2008	51.06	G1	UK RANK 9	UKA POWER OF 10 STANDARD

Shot 5kg

Danny Clayton	Stevenage	07/09/2008	12.09
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Discus 1.5kg

Danny Clayton	Stevenage	07/09/2008	30.11
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Discus

Danny Clayton	Norwich	14/09/2008	36.63	G1	UK RANK 32	CLUB RECORD
Michael Painter	Copthall	24/08/2008	35.47	G2		
Callum Brown	Norwich	14/09/2008	30.83	G3		
Callum McLaren	Bury St Edmunds	17/08/2008	24.36	G4		
Solay Elibol	Bromley	18/05/2008	22.47	G4		

Javelin

Callum Brown	Bury St Edmunds	17/08/2008	40.21	G2
Tom Bradfield	Blackpool	28/09/2008	36.31	G3
Danny Clayton	Norwich	14/09/2008	32.99	G4
Michael Painter	Norwich	12/05/2008	24.77	
Steven Hadley	Woodford Green	04/05/2008	19.79	
Martainn Ramsey	Bury St Edmunds	21/09/2008	19.45	
Jonathon Wicks	Sandy	27/09/2008	18.89	
James Kent	Norwich	12/05/2008	17.39	
Alex Lubbock	Gt Yarmouth	22/06/2008	16.74	

Relay 4 x 100m

	Norwich	20/07/087	48.40
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Danny Clayton, Callum Brown, George McGibbon, Tyler Berry

Relay 4 x 400m

	Norwich	22/06/2008	3.58.4
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Jack Harrison, Steven McGhee, Callum McLaren, Martainn Ramsey

Relay 4 x 200m

	Norwich	12/05/2008	1.46.7
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UNDER 15 GIRLS RANKINGS 2008**60m indoors**

Cleio Stephenson	Birmingham NIA	24/02/2008	7.95	G1	UK RANK 4
Laura McDonald	Birmingham NIA	17/02/2008	8.17	G1	UK RANK 22
Victoria Williamson	Birmingham NIA	17/02/2008	8.30	G2	
Victoria Mitchell	Birmingham NIA	24/02/2008	8.46	G3	
Sasha Barnard	Kings Lynn	20/01/2008	9.3		

60m Hurdles indoors

Victoria Williamson	Lee Valley	19/01/2008	9.26	G1	UK RANK 8
Laura McDonald	Birmingham NIA	23/02/2008	9.44	G2	UK RANK 17
Mimi Barr	Kings Lynn	20/01/2008	11.8		
Abi Martins	Kings Lynn	20/01/2008	12.0		

75m

Cleio Stephenson	Gt Yarmouth	10/04/2008	9.9		
Victoria Mitchell	Gt Yarmouth	10/04/2008	10.1		
Sasha Barnard	Gt Yarmouth	10/04/2008	10.8		

COUNTY RECORD

100m

Cleio Stephenson	Gateshead	11/07/098	12.59	G1	UK RANK 21
Victoria Mitchell	Norwich	14/06/2008	12.8	G1	
Anna Spratt	Gt Yarmouth	22/06/2008	13.3	G4	
Victoria Williamson	Peterborough	20/04/2008	13.4	G3	
Sasha Barnard	Gt Yarmouth	22/06/2008	13.4	G4	
Laura McDonald	Stevenage	05/05/2008	13.5	G4	
Hannah Bebbington	Norwich	14/07/2008	13.7	G4	
Georgina Culling	Sandy	27/09/2008	13.6	G4	
Imogen Gibbs	Norwich	10/05/2008	14.0	G4	
Emma Algar	Gt Yarmouth	22/06/2008	15.0		
Juliette Broster	Bromley	18/05/2008	15.4		

EQ CLUB RECORD

150m

Victoria Mitchell	Gt Yarmouth	10/04/2007	20.2		
Sasha Barnard	Gt Yarmouth	10/04/2008	22.6		

CLUB RECORD

200m

Cleio Stephenson	Norwich	20/07/2008	25.8	G1	UK RANK 19
Victoria Williamson	Norwich	10/05/2008	26.7	G2	
Laura McDonald	Birmingham NIA	17/02/2008	26.72	G2	
Victoria Mitchell	Norwich	10/05/2008	26.8	G2	
Imogen Gibbs	Norwich	10/05/2008	27.3	G4	
Georgina Culling	Gt Yarmouth	22/06/2008	28.1	G4	
Anna Spratt	Norwich	10/05/2008	28.2	G4	
Kiera Mooney	Norwich	10/05/2008	28.5	G4	
Sasha Barnard	Peterborough	20/04/2008	29.8		
Rachel Hopley	Peterborough	20/04/2008	31.1		
Emma Algar	Bury St Edmunds	17/08/2008	32.4		

EQ CLUB RECORD

300m

Victoria Williamson	Bedford	19/04/2008	44.8	G3	
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800m

Kiera Mooney	Peterborough	21/06/2008	2.22.5	G2	
Juliette Brosster	Bromley	18/05/2008	2.31.4	G4	
Mimi Barr	Woodford Green	04/05/2008	2.31.9	G4	
Hannah Bebbington	Norwich	10/05/2008	2.35.4	G4	
Victoria Williamson	Grantham	29/06/2008	2.36.6	G4	
Laura McDonald	Grantham	29/06/2008	2.41.0		
Anna Hoogkammer	Norwich	22/06/2008	2.45.3		
Rachel Hopley	Bury St Edmunds	17/08/2008	3.02.1		
Emma Algar	Bury St Edmunds	17/08/2008	3.05.3		
Frances Mullany	Bury St Edmunds	21/09/2008	3.10.2		

1500m

Esme Salmon	Norwich	14/06/2008	5.00.2	G2	
Juliette Broster	Norwich	14/06/2008	5.01.2	G2	
Kiera Mooney	Norwich	12/05/2008	5.15.8	G4	
Mimi Barr	Norwich	22/06/2008	5.17.0	G4	
Anna Hoogkammer	Lee Valley	01/06/2008	5.33.7	G4	

Hazel Wilson	Norwich	20/07/2008	5.44.4
Frances Mullany	Gt Yarmouth	22/06/2008	6.18.9

3000m

Anna Hoogkammer	Norwich	10/05/2008	12.05.7
Hazel Wilson	Norwich	10/05/2008	12.15.4
Lisa Goodrich	Norwich	10/05/2008	13.16.6

75m Hurdles

Victoria Williamson	Gateshead	11/07/2008	11.46/11.37w	G1	UK RANK 6	UKA POWER OF 10 STANDARD
Laura McDonald	Ashford	24/05/2008	11.6/11.58w	G1	UK RANK 19	
Anna Spratt	Gt Yarmouth	22/06/098	12.4	G2		
Kiera Mooney	Bury St Edmunds	17/08/2008	14.8			
Sasha Barnard						

High Jump

Vicky Williamson	Grantham	29/06/2008	1.46	G4
Mimi Barr	Norwich	22/06/2008	1.35	
Laura McDonald	Grantham	29/06/2008	1.34	
Imogen Gibbs	Norwich	22/06/2008	1.25	
Abi Martins	Kings Lynn	20/01/2008	1.20	

Long Jump

Victoria Williamson	Grantham	29/06/2008	4.84	G2
Cleio Stephenson	Woodford Green	04/05/2008	4.82	G2
Victoria Mitchell	Norwich	22/06/2008	4.77	G2
Laura McDonald	Grantham	29/06/2008	4.62	G3
Sasha Barnard	Norwich	10/05/2008	4.53	G3
Anna Hoogkammer	Norwich	22/06/2008	4.35	G4
Georgina Culling	Norwich	14/06/2008	4.29	G4
Abi Martins	Norwich	14/06/2008	4.19	G4

Shot

Megan Thomas	Kings Lynn	18/05/2008	10.33	G1	UK RANK 25
Laura McDonald	Grantham	29/06/2008	10.18	G1	
Victoria Williamson	Cambridge	06/07/2008	9.45	G1	
Shannon Curry	Kings Lynn	18/05/2008	8.01	G3	
Sasha Barnard	Woodford Green	04/05/2008	6.71	G4	
Kiera Mooney	Norwich	10/05/2008	6.69	G4	
Georgina Culling	Grantham	22/06/2008	6.56	G4	
Mimi Barr	Kings Lynn	20/01/2008	6.07		
Abi Martins	Peterborough	20/04/2008	5.98		

Discus

Megan Thomas	Cambridge	06/07/2008	30.12	G1	UK RANK 13	CLUB RECORD
Shannon Curry	Kings Lynn	18/05/2008	25.65	G2		
Kiera Mooney	Norwich	22/06/2008	16.70	G4		
Victoria Williamson	Lee Valley	01/06/2008	16.56	G4		
Sasha Barnard	Peterborough	20/04/2008	14.47			
Juliette Broster						

Triple jump

Sasha Barnard	Cambridge	06/07/2008	9.62
Anna Spratt	Norwich	12/05/2008	8.33

Javelin

Laura McDonald	Gateshead	10/07/2008	39.84	G1	UK RANK 2	UKA POWER OF 10 STANDARD	COUNTY RECORD
Sasha Barnard	Bury St Edmunds	21/09/2008	21.94	G3			
Megan Thomas	Gt Yarmouth	22/06/2008	18.44	G4			
Frances Mullany	Bury St Edmunds	21/09/2008	10.81				
Shannon Curry	Norwich	22/06/2008	8.16				

Hammer

Megan Thomas	Ashford	25/05/2006	44.38	G1	UK RANK 5	COUNTY RECORD
Shannon Curry	Norwich	14/09/2008	29.79	G3		

Hammer 4kg

Megan Thomas	kings Lynn	18/05/2008	32.9
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Pole Vault

Georgina Culling	Sandy	27/09/2008	2.30			COUNTY RECORD
Abigale Martins	Sandy	27/09/2008	2.10			
Imogen Gibbs	Norwich	10/05/2008	1.80			

Relay 4 x 100m	Gateshead	11/07/2008	49.43					COUNTY RECORD
Laura McDonald, Cleio Stephenson, Victoria Williamson, Victoria Mitchell								

Relay 4 x 200m	Norwich	12/05/2008	1.48.4					COUNTY RECORD
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Pentathlon								
Victoria Williamson	Grantham	29/06/2008	2893					G1
Laura McDonald	Grantham	29/06/2008	2708					G2

Pentathlon indoor								
Victoria Williamson	Sheffield	09/03/2008	2723					
Laura McDonald	Lee Valley	06/01/2008	2590					

UNDER 17 MEN RANKINGS 2008

60m indoor								
James Hadley	Manchester	06/02/2008	7.48					
De La Rey Veenendaal	Kings Lynn	20/01/2008	7.5					

60m Hurdles indoor								
Ross Elsby	Kings Lynn	20/01/2008	9.1					G4

100m								
James McLachlan	Norwich	27/07/2008	11.5					G2
Joel Taylor	Lea Valley	01/06/2008	11.8					G3
Ross Elsby	Woodford	04/05/2008	12.0					G4
James Hadley	Norwich	20/07/2008	12.0					G4
Jon Brown	Norwich	14/06/2008	12.0					
James Senior	Norwich	22/06/2008	12.7					
Micah Rogers	Bromley	18/05/2008	13.3					
Kevin Skipper	Gt Yarmouth	10/08/2008	13.5					

200m								
James Senior	Lea Valley	01/06/2008	23.6					G3
Joel Taylor	Bromley	18/05/2008	23.8					G3
Ross Elsby	Norwich	10/05/2008	23.9					G3
James Hadley	Norwich	20/07/2008	24.6					G4
Tom Strachan	Norwich	27/07/2008	24.8					G4
Connor Darby	Woodford	04/05/2008	25.2					
Gareth Bush	Norwich	14/06/2008	25.7					
Jon Brown	Gt Yarmouth	10/08/2008	26.4					
Rowan Van Tromp	Norwich	20/07/2008	27.5					
Kevin Skipper	Gt Yarmouth	24/07/2008	27.9					

300m								
Damien Rogers	Gt Yarmouth	10/04/2008	41.7					

400m								
James Senior	Norwich	20/07/2008	51.8					G2
Joel Taylor	Ipswich	20/04/2008	53.1					G2
James Hadley	Peterborough	21/06/2008	53.9					G3
Tom Strachan	Norwich	27/07/2008	53.9					G3
Micah Rogers	Norwich	10/05/2008	55.2					G4
Rowan Van Tromp	Norwich	20/07/2008	58.7					
Sam Cheverton	Bromley	18/05/2008	62.6					
Kevin Skipper	Gt Yarmouth	22/06/2008	69.8					

800m											
James Senior	Watford	17/05/2008	1.54.72					G1	UK RANK 6	UKA POWER OF 10 STANDARD	COUNTY RECORD
Joel Taylor	Watford	01/06/2008	1.54.72					G1	UK RANK 6	UKA POWER OF 10 STANDARD	COUNTY RECORD
James Jackson	Ipswich	27/04/2008	2.01.8					G3			
Connor Darby	Bromley	28/05/2008	2.02.4					G3			
Damian Rogers	Welwyn	29/06/2008	2.04.3					G3			
Oliver Maskell	Exeter	26/08/2008	2.04.54					G3			
Micah Rogers	Norwich	10/05/2008	2.07.1					G4			
Tom Strachan	Bury St Edmunds	17/08/2008	2.08.2					G4			
Rowan Van Tromp	Norwich	10/05/2008	2.10.3								

1500m										
Joel Taylor	Watford	18/06/2008	4.03.65					G1	UK RANK 19	
James Senior	Watford	18/06/2008	4.04.25					G1	UK RANK 22	
Connor Darby	Peterborough	21/06/2008	4.06.7					G1		
Tom Crawshaw	Norwich	12/05/2008	4.08.6					G2		

James Jackson	Norwich	17/05/2008	4.11.6	G2			
Oliver Maskell	Bury St Edmunds	17/08/2008	4.18.0	G3			
Damien Rogers	Norwich	12/05/2008	4.27.5	G4			
Tom Francis	Norwich	12/05/2008	4.27.5	G4			
Sam Cheverton	Welwyn	29/06/2008	4.28.0	G4			
James Hadley	Peterborough	20/04/2008	4.28.2	G4			
<u>Mile</u>							
Tom Crawshaw	Gt Yarmouth	10/04/2008	4.39.2				
Damian Rogers	Gt Yarmouth	10/04/2008	5.00.0				
<u>3000m</u>							
James Jackson	Peterborough	21/06/2008	8.59.7	G2	UK RANK 27		
Tom Crawshaw	Lea Valley	01/06/2008	9.04.9	G2			
James Senior	Norwich	10/05/2008	9.17.2	G2			
Sam Cheverton	Woodford	04/05/2008	9.24.1	G3			
Conor Darby	Welwyn	29/06/2008	9.38.2	G4			
Tom Francis	Norwich	20/07/2008	9.42.0	G4			
Joel Taylor	Lea Valley	01/06/2008	9.52.7	G4			
Oliver Maskell	Peterborough	21/06/2008	10.02.3	G4			
Damien Rogers	Bromley	18/05/2008	10.09.6	G4			
<u>5000m</u>							
Tom Crawshaw	Guilford	02/08/2008	17.04.06				
<u>100m Hurdles</u>							
Ross Elsby	Woodford	20/04/2008	14.4	G3			
James Senior	Woodford	20/04/2008	15.9	G4			
<u>400m Hurdles</u>							
James Senior	Norwich	12/05/2008	56.7	G1	UK RANK 11		CLUB RECORD
<u>1500m S/C</u>							
James Senior	Gateshead	11/07/2008	4.25.18	G1	UK RANK 1	UKA POWER OF 10 STANDARD	CLUB RECORD
Sam Cheverton	Peterborough	21/06/2008	4.38.1	G2	UK RANK 17		
James Jackson	Norwich	20/07/2008	5.03.4	G4			
Damien Rogers	Norwich	20/07/2008	5.05.4	G4			
<u>2000m S/C</u>							
James Senior	Copthall	07/09/2008	6.20.7		UK RANK 3		COUNTY RECORD
James Jackson	Copthall	07/09/2008	6.26.2		UK RANK 5		
Sam Cheverton	Ipswich	27/04/2008	6.55.5				
Tom Francis	Norwich	27/07/2008	6.56.4				
Damien Rogers	Welwyn	29/06/2008	7.04.5				
<u>3000m S/C</u>							
James Jackson	Guilford	02/08/2008	10.10.4				COUNTY RECORD
<u>Long Jump</u>							
James McLachlan	Peterborough	20/04/2008	6.19	G2			
Adam Howard	Norwich	14/06/2008	6.03	G2			
Jon Brown	Gt Yarmouth	22/06/2008	5.33				
James Senior	Norwich	20/07/2008	5.04				
Tom Strachan	Gt Yarmouth	22/06/2008	4.91				
Joel Taylor	Dagenham	25/05/2008	4.81				
Will Kennard	Norwich	22/06/2008	4.39				
Kevin Skipper	Gt Yarmouth	10/08/2008	4.50				
Sam Cheverton	Bromley	18/05/2008	4.26				
Tom Crawshaw	Ipswich	27/04/2008	3.52				
<u>High Jump</u>							
Adam Howard	Woodford	04/05/2008	1.75				
James McLachlan	Norwich	27/07/2008	1.75				
Connor Darby	Norwich	22/06/2008	1.70				
Rowan Van Tromp	Dagenham	25/05/2008	1.50				
Ed Skinner	Lea Valley	01/06/2008	1.40				
<u>Triple Jump</u>							
James McLachlan	Dumfermline	02/08/2008	14.08	G1	UK RANK 8	UKA POWER OF 10 STANDARD	COUNTY RECORD
Adam Howard	Norwich	20/07/2008	11.70	G4			
Will Kennard	Norwich	22/06/2008	10.59				
Harry Newenham	Norwich	12/05/2008	10.35				
James Hadley							

Shot				
Ross Elsby	Norwich	14/06/2008	11.18	G4
James McLachlan	Bromley	18/05/2008	10.46	G4
Ed Skinner	Norwich	10/05/2008	9.51	G4
James Senior	Norwich	20/07/2008	9.45	
James Hadley	Woodford	04/05/2008	8.12	
De La Rey Veenendaal	Kings Lynn	20/01/2008	8.01	
Harry Newenham	Woodford	04/05/2008	8.00	
Tom Crawshaw	Bromley	18/05/2008	7.28	
Sam Cheverton	Lea Valley	01/06/2008	6.73	
Joel Taylor	Ipswich	27/04/2008	6.22	

Pole Vault				
Ed Skinner	Copthall	07/09/2008	3.20	G3

Javelin 700g				
Harry Newenham	Peterborough	25/08/2008	49.49	G2
Ed Skinner	Norwich	12/05/2008	45.86	G2
James Hadley	Norwich	20/07/2008	29.86	
Tom Crawshaw	Dagenham	25/05/2008	27.52	
Connor Darby	Bromley	18/05/2008	27.31	
Rowan Van Tromp	Dagenham	25/05/2008	19.42	
Micah Rogers	Lea Valley	01/06/2008	16.76	

CLUB RECORD

Javelin 800g				
Harry Newenham	Norwich	27/07/2008	40.87	
Ed Skinner	Worthing	28/06/2008	40.54	

Discus 1.5kg				
Ed Skinner	Norwich	10/05/2008	31.34	G3
Harry Newenham	Norwich	22/06/2008	27.06	G4
James McLachlan	Norwich	20/07/2008	26.08	G4
Asher Steward	Norwich	20/07/2008	18.92	

Discus 1.75kg				
Harry Newenham	Copthall	07/09/2008	25.56	

Hammer				
Joel Taylor	Bromley	18/05/2008	26.78	G4
Ed Skinner	Woodford	04/05/2008	22.58	
James McLachlan	Bromley	18/05/2008	21.58	
James Senior	Lea Valley	01/06/2008	16.49	
Harry Newenham	Welwyn	22/06/2008	16.29	
Sam Cheverton	Norwich	20/07/2008	13.52	
Oliver Maskell	Norwich	20/07/2008	12.42	

Relay 4 x 100m				
	Peterborough	20/04/2008	47.8	

Relay 4 x 400m				
	Bromley	18/05/2008	3.34.3	
Micah Rogers, Connor Darby, Joel Taylor, James Senior				

UNDER 17 WOMEN RANKINGS 2008

60m indoor				
Sophie Poyner	Birmingham NIA	17/02/2008	8.40	G3

60m Hurdles indoors				
Laura Green	Birmingham NIA	23/02/2008	9.15	G2

75m				
Sophie Poyner	Gt Yarmouth	10/04/2008	10.1	

100m				
Laura Green	Chelmsford	22/03/2008	12.8	G2
Sophie Poyner	Ipswich	27/04/2008	13.2	
Jenny Milligan	Ipswich	27/04/2008	13.4	
Chloe Smith	Norwich	27/07/2008	13.4	
Sadie Miller	Norwich	27/07/2008	13.9	
Caitlin Bell				

200m				
Laura Green	Bromley	18/05/2008	26.7	G3

Jenny Milligan	Welwyn	29/06/2008	27.8
Chloe Smith	Great Yarmouth	10/08/2008	27.9
Sophie Poyner	Peterborough	20/04/2008	28.0
Sadie Miller	Norwich	10/05/2008	28.5
Abbie Beales	Great Yarmouth	10/08/2008	29.0
Kimberley broom	Norwich	20/07/2008	29.3
Holly Slater	Norwich	22/06/2008	29.4

300m

Jenny Milligan	Lee Valley	01/06/2008	43.7	G3
Iona Lake	Bury St Edmunds	17/08/2008	44.0	G3
Gilly Savage	Norwich	10/05/2008	45.6	G4
Abbie Beales	Bury St Edmunds	17/08/2008	45.8	G4
Sadie Miller	Norwich	20/07/2008	45.9	G4
Holly Slater	Norwich	20/07/2008	46.8	

400m

Gilly Savage	Barking	25/05/2008	64.9	
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600m

Abbie Beales	Gt Yarmouth	10/04/2008	1.51.2	
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800m

Iona Lake	Norwich	27/07/2008	2.17.1	G2
Juliette Knights	Watford	30/07/2008	2.21.76	G3
Abbie Beales	Welwyn	29/06/2008	2.30.0	G4
Gilly Savage	Woodford Green	04/05/2008	2.31.8	G4
Sophie Mullian	Norwich	10/05/2008	2.40.9	
Sadie Miller	Norwich	20/07/2008	2.44.3	

1500m

Iona Lake	Kings Lynn	15/08/2008	4.48.5	G2
Claire Pring	Peterborough	20/04/2008	4.52.7	G2
Juliete Knights	Norwich	27/07/2008	4.59.6	G2
Abbie Beales	Barking	25/05/2008	5.07.0	G4
Sadie Miller	Norwich	14/06/2008	5.46.4	
Gilly Savage	Lee Valley	01/06/2008	5.31.7	

Mile

Iona Lake	Peterborough	13/08/2008	5.18.6	
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CLUB RECORD

3000m

Claire Pring	Watford	16/04/2008	10.17.96	G2	UK RANK 34
Iona Lake	Cophthall	07/09/2008	11.01.9	G3	
Juliette Knights	Lee Valley	01/06/2008	11.57.7		
Abbie Beales	Norwich	22/06/2008	12.21.0		
Sadie Miller	Lee Valley	01/06/2008	12.57.1		
Gilly Savage	Norwich	22/06/2008	13.32.7		

80m Hurdles

Laura Green	Bromley	18/05/2008	12.0	G2	UK RANK 28
Jenny Milligan	Bromley	18/05/2008	13.6	G4	
Freya Bell	Lee Valley	01/06/2008	14.4		

300m Hurdles

Jenny Milligan	Lee Valley	01/06/2008	46.9	G2
Freya Bell	Norwich	20/07/2008	48.4	G3

Long Jump

Sadie Miller	Norwich	27/07/2008	4.90	G3
Sophie Poyner	Norwich	22/06/2008	4.53	G4
Holly Slater	Bury St Edmunds	21/09/2008	4.26	
Chloe Smith	Norwich	22/06/2008	4.05	

High Jump

Holly Slater	Barking	30/03/2008	1.58	G3
Chloe Smith	Bury St Edmunds	17/08/2008	1.58	G3
Sophie Mullian	Norwich	14/06/2008	1.55	G3
Gilly Savage	Woodford Green	04/05/2008	1.43	

Triple Jump

Laura Green	Kings Lynn	20/01/2008	10.01	G3
Sophie Poyner	Norwich	22/06/2008	9.98	G3
Holly Slater	Norwich	27/07/2008	8.86	

Pole vault

Freya Bell	Norwich	14/06/2008	2.20			
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Hammer

Jenna Cannell	Norwich	20/07/2008	39.60	G2	UK RANK 11	CLUB RECORD
Jessica Crisp	Norwich	27/07/2008	29.70	G3		
Holly Slater	Lee Valley	01/06/2008	11.05			

Shot

Steph Burt	Hendon	24/08/2008	8.66	G3		
Jessica Crisp	Kings Lynn	20/01/2008	7.23	G4		
Mimi Denmark	Norwich	22/06/2008	6.23			
Chloe Smith	Lee Valley	01/06/2008	5.51			
Holly Slater	Woodford Green	04/05/2008	5.09			
Jenny Milligan	Lee Valley	01/06/2008	5.05			
Iona Lake	Bromley	18/05/2008	4.77			

Javelin

Steph Burt	Crystal Place	20/09/2008	38.12	G1	UK RANK 11	CLUB RECORD
Jenna Cannell	Woodford Green	04/05/2008	20.98	G4		
Mimi Denmark	Norwich	22/06/2007	17.63			
Freya Bell	Welwyn	29/06/2008	14.06			
Claire Pring	Welwyn	29/06/2008	9.91			
Abbie Beales	Lee Valley	01/06/2008	5.81			
Gilly Savage	Lee Valley	01/06/2008	5.46			

Discus

Steph Burt	Norwich	27/07/2008	30.18	G2		
Jenna Cannell	Norwich	03/08/2008	29.50	G2		
Jessica Crisp	Norwich	20/07/2008	18.98	G4		
Gilly Savage	Lee Valley	01/06/2008	14.89			
Iona Lake	Bromley	18/05/2008	13.00			
Abbie Beales	Lee Valley	01/06/2008	5.12			

Relay 4 x 100m

Holly Slater, Jenny Milligan, Laura, Sophie	Woodford	04/05/2008	52.00			
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Relay 4 x 300m

Jenny Milligan, Sadie Miller, Freya Bell, Gilly Savage	Woodford	04/05/2008	3.03.3			
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UNDER 20 MEN RANKINGS 2008**60m indoors**

Chris Marshall	Kings Lynn	20/01/2008	7.7			CLUB RECORD
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100m

Michael Fraser	Dagenham	25/05/2008	11.3	G3		
Chris Marshall	Gt Yarmouth	22/06/2008	11.7			
Daryl Martin	Gt Yarmouth	22/06/2008	12.3			

200m

Michael Fraser	Dagenham	25/05/2008	22.22	G2		
Chris Marshall	Worthing	28/06/2008	23.7			
Rick Ward	Cambridge	07/06/2008	23.8			
Ben Tuck	Norwich	27/07/2008	24.3			
Daryl Martin	Gt Yarmouth	22/06/2008	24.9			

300m

Michael Fraser	Gt Yarmouth	10/04/2008	36.6			
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400m

Michael Fraser	Malta	25/07/2008	49.16	G1	UK RANK 31	CLUB RECORD
Rick Ward	Norwich	10/05/2008	50.3	G2		
Ben Tuck	Copthall	07/09/2008	52.8			
Chris Marshall	Gt Yarmouth	24/07/2008	53.5			CLUB RECORD
Daryl Martin	Norwich	27/07/2008	53.9			

600m

Josh Rea	Gt Yarmouth	10/04/2008	1.34.5			
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800m

Rick Ward	Watford	14/06/2008	1.48.06	G1	UK RANK 1	UKA POWER OF 10 STANDARD	COUNTY RECORD
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Mitch Goose	Solihull	28/06/2008	1.52.5	G1		
Ashley Harrell	Norwich	10/05/2008	1.58.1	G3		
Luke Allen	Norwich	10/05/2008	2.02.7			
Martyn Bath	Cambridge	07/06/2008	2.03.0			
Daryl Martin	Bury St Edmunds	17/08/2008	2.04.4			
1500m						
Mitch Goose	Watford	14/06/2008	3.46.28	G1	UK RANK 5	UKA POWER OF 10 STANDARD COUNTY RECORD
Rick Ward	Manchester	19/07/2008	3.54.4	G1	UK RANK 19	
Ashley Harrell	Manchester	31/05/2008	3.57.7	G1		
Luke Allen	Norwich	12/05/2008	4.13.0	G3		
Mile						
Mitch Goose	Peterborough	13/08/2008	4.09.4		UK RANK 1	
Rick Ward	Peterborough	13/08/2008	4.23.7		UK RANK 2	
Luke Allen	Peterborough	13/08/2008	4.33.4		UK RANK 12	
3000m						
Mitch Goose	Crystal Palace	27/07/2008	8.25.44	G1	UK RANK 9	COUNTY RECORD
Ashley Harrell	Peterborough	20/04/2008	8.57.5	G2		
Tom Crawshaw	Peterborough	20/04/2008	9.19.8			
5000m						
Mitch Goose	Loughborough	18/05/2008	14.43.97	G1	UK RANK 4	UKA POWER OF 10 STANDARD COUNTY RECORD
Luke Allen	Crystal Palace	15/06/2008	15.54.03			
Ashley Harrell	Guilford	02/08/2008	16.00.0			
Martyn Bath	Eltham	03/05/2008	17.00.6			
110m Hurdles						
Daryl Martin	Ipswich	27/04/2008	16.8			
Chris Marshall	Copthall	07/09/2008	19.5			
400m Hurdles						
Daryl Martin	Norwich	27/07/2008	57.6	G3		
Chris Marshall	Norwich	17/05/2008	65.5			
3000m S/C						
Ashley Harrell	Norwich	12/05/2008	9.21.5			
2000m S/C						
Ashley Harrell	Crystal Palace	15/06/2008	6.02.96	G1	UK RANK 6	
Daryl Martin	Barking	25/05/2008	7.14.4			
Ben Tuck	Barking	25/05/2008	9.25.9			
Long Jump						
Chris Marshall	Sutcliffe Park	03/05/2008	5.65			
Triple Jump						
Chris Marshall	Dagenham	25/05/2008	11.99			
Sam Coe	Norwich	27/07/2008	10.65			
High Jump						
Daryl Martin	Dagenham	25/05/2008	1.55			
Perry Francis	Ipswich	27/04/2008	1.50			
Pole Vault						
Ben Tuck	Copthall	07/09/2008	2.00			
Javelin						
Alex Jewkes	Norwich	12/05/2008	46.01	G3		
Perry Francis	Cambridge	07/06/2008	43.07			
Ashley Christianson	Ipswich	27/04/2008	32.04			
Discus						
Sam Coe	Norwich	27/07/2008	30.85			
Perry Francis	Ipswich	27/04/2008	21.35			
Ben Tuck	Dagenham	25/05/2008	17.69			
Ashley Christianson	Ipswich	27/04/2008	8.08			
Shot						
Sam Coe	Norwich	27/07/2008	11.65	G3		
Ben Tuck	Dagenham	25/05/2008	7.49			
Rick Ward	Peterborough	20/04/2008	6.80			
Perry Francis	Norwich	27/07/2008	6.79			

Ashley Harrell Peterborough 20/04/2008 6.54

Hammer

Sam Coe Carlisle 20/05/2008 59.01
Ashley Christianson Ipswich 27/04/2008 15.31
Chris Marshall Ipswich 27/04/2008 13.84
Ben Tuck Dagenham 25/05/2008 11.49
Michael Fraser Welwyn 29/06/2008 10.74
Ashley Harrell Norwich 27/07/2008 7.54

G2

UK RANK 11

UKA POWER OF 10 STANDARD

Relay 4 x 100m Copthall 07/09/2008 45.5
Chris Marshall, Ben Tuck, Michael Fraser, James McLachlan

Relay 4 x 400m Copthall 07/09/2008 3.25.4
Daryl Martin, Michael Fraser, Ben Tuck, Rick Ward

CLUB RECORD

UNDER 20 WOMEN RANKINGS 2008

100m

Sophie Harriman Gt Yarmouth 22/06/2008 13.2
Caitlin Bell Kings Lynn 18/05/2008 13.6
Lucy Hyam

200m

Caitlin Bell Great Yarmouth 10/08/2008 27.3
Sophie Harriman Norwich 10/05/2008 28.2
Carly Brown Norwich 27/07/2008 28.2
Laura Warman Peterborough 20/04/2008 28.5

400m

Rachel Stringer Norwich 27/07/2008 56.3
Carly Brown Welwyn 29/06/2008 61.2
Sam Jacks Barking 25/05/2008 61.6
Caitlin Bell Bury St Edmunds 17/08/2008 62.2
Holly Cooper Bury St Edmunds 21/09/2008 62.7
Laura Warman Kings Lynn 18/05/2008 63.9

G1

UK RANK 14

800m

Rachel Stringer Watford 30/07/2008 2.05.31
Sam Jacks Watford 30/07/2008 2.16.39
Nicki Gooderham Lee Valley 19/01/2008 2.21.83
Carley Rose Barking 25/05/2008 2.22.2
Holly Cooper Bury St Edmunds 17/08/2008 2.25.9
Lucy Hyam Gt Yarmouth 22/06/2008 2.28.8

G1

UK RANK 3

UKA POWER OF 10 STANDARD COUNTY RECORD

1500m

Rachel Stringer Copthall 24/08/2008 4.32.44
Dani Nimmock Watford 16/07/2008 4.34.88
Lucy Hyam Bury St Edmunds 17/08/2008 4.58.8
Carley Rose Bedford 04/05/2008 5.01.0
Rosie Betts Norwich 14/06/2008 5.01.2
Carla Stansford Kings Lynn 18/05/2008 5.06.1

G1

UK RANK 26

3000m

Dani Nimmock Watford 18/06/2008 10.08.79
Lucy Hyam Norwich 27/07/2008 11.12.3
Holly Cooper Welwyn 29/06/2008 12.16.4

G2

UK RANK 31

100m Hurdles

Becky Pike Welwyn 29/06/2008 17.5
Laura Warman Norwich 27/07/2008 18.3

400m Hurdles

Rebecca Pike Copthall 24/08/2008 65.5
Laura Warman Stevenage 05/05/2008 68.4
Dani Nimmock

G2

UK RANK 27

G3

Long Jump

Sophie Harriman Gt Yarmouth 22/06/2008 4.43
Laura Warman Bury St Edmunds 17/08/2008 4.15
Georgina Lake Barking 25/05/2008 3.88

Triple Jump

Laura Warman	Peterborough	25/08/2008	9.59
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Shot

Sophie Harriman	Norwich	10/05/2008	7.33
Laura Warman	Welwyn	29/06/2008	6.28
Jenny Higgins	Peterborough	20/04/2008	5.18

Discus

Carly Brown	Norwich	27/07/2008	13.77
Sophie Harriman	Gt Yarmouth	22/06/2008	11.64
Becky Pike	Welwyn	29/06/2008	11.01
Carley Rose	Barking	25/05/2008	10.49
Jenny Higgins	Peterborough	20/04/2008	7.02

Hammer

Holly Cooper	Norwich	27/07/2008	13.65
Carly Brown	Barking	25/05/2008	11.55
Jenny Higgins	Bury St Edmunds	17/08/2008	11.56

Javelin

Georgina Lake	Barking	25/05/2008	10.70
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Pole Vault

Georgina Lake	Lee Valley indoor	10/02/2008	2.50
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Relay 4 x 100m

Holly, Sophie, Laura W, Laura G	Peterborough	20/04/2008	53.0
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Relay 4 x 400m

Rachel, Sam, Becky, Laura	Ipswich	27/05/2008	4.04.6
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SENIOR MEN RANKINGS 2008

100m

Tom Pegg	Gt Yarmouth	22/06/2008	11.3
Andrew Thornton	Norwich	17/05/2008	11.3
Paul Goodall	Worthing	28/06/2008	11.4

200m

Paul Goodall	Norwich	17/05/2008	22.8
Tom Pegg	Norwich	17/05/2008	23.0
Andrew Thornton	Birmingham NIA	17/02/2008	23.16

400m

Paul Goodall	Kingston	07/06/2008	49.57
Andrew Thornton	Lee Valley	20/01/2008	51.62
Daniel Everett	Birmingham NIA	17/05/2008	52.51

800m

Carl Goose	Manchester	31/05/2008	1.52.80
Jon Quint	Kingston	07/06/2008	1.57.06
Steven Cannell	Gt Yarmouth	22/06/2008	2.05.5
Rob Scotter	Norwich	10/05/2008	2.10.4

1500m

Carl Goose	Watford	17/05/2008	3.59.25
Jon Quint	Portsmouth	11/05/2008	4.05.59
Stuart Huntington	Guilford	02/08/2008	4.06.8
S Cannell	Norwich	17/05/2008	4.08.2
Rob Scotter	Norwich	12/05/2008	4.22.9

3000m

Stuart Huntington	Watford	30/07/2008	8.36.60
Steven Cannell	Gt Yarmouth	22/06/2007	9.25.7
Andrew Bunn	Watford	09/04/2008	10.09.14

5000m

Luke Allen	Norwich	17/05/2008	15.56.3
Carl Goose	Sutcliffe Park	03/05/2008	16.03.9

3000m S/C

Steven Cannell	Ilford	12/07/2008	9.21.5
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110m Hurdles

Daniel Everett	Derby	16/08/2008	16.6
James Cox	Norwich	17/05/2008	17.3

400m Hurdles

Daniel Everett	Swansea	02/08/2008	56.29
Steven Cannell	Guilford	02/08/2008	61.0
Paul Goodall	Ilford	12/07/2008	62.7

High Jump

James Bandorowski	Colchester	07/06/2008	1.80
C Momoki	Gt Yarmouth	22/06/2008	1.75

Long Jump

Jon French	Eltham	03/05/2008	6.73
Oliver Armstrong	Norwich	12/05/2008	5.96
Daniel Everett	Swansea	02/08/2008	5.91

Triple Jump

Jon French	Worthing	28/06/2008	13.02
Czaba Homoki	Worthing	28/06/2008	12.76
Czaba Szabo	Guilford	02/08/2008	12.62
C Momoki	Gt Yarmouth	22/06/2008	12.11

Shot

Mark Soukal	Norwich	17/05/2008	11.07
Daniel Everett	Eltham	03/05/2008	10.03
Mike Fearon	Norwich	10/05/2008	9.38

Discus

Mark Soukal	Norwich	17/05/2008	35.46
Mike Fearon	Guilford	02/08/2008	29.01

SENIOR WOMEN RANKINGS 2008**400m**

Nicky Gooderham	Birmingham NIA	17/02/2008	61.73
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800m

Nicky Gooderham	Birmingham NIA	17/02/2008	2.17.15
Ruth Senior	Watford	30/07/2008	2.18.94

1500m

Barbara Parker	Tallahassee USA	10/05/2008	4.12.17	G1	COUNTY RECORD
Ruth Senior	Twickenham	04/06/2008	4.29.73	G2	
Nicky Goderham	Watford	17/05/2008	4.39.63	G3	

Mile

Ruth Senior	Peterborough	13/08/2008	4.58.4
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5000m

Barbara Parker	Walnut CA USA	17/04/2008	15.42.16		COUNTY RECORD
Ruth Senior	Loughborough	18/05/2008	16.54.76		

3000m

Barbara Parker	Tallahassee USA	27/03/2008	9.13.74	G1	COUNTY RECORD
Ruth Senior	Watford	14/06/2008	9.41.40	G2	

2000m S/C

Ruth Senior	Manchester	29/07/2008	6.43.11
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3000m S/C

Barbara Parker	Indianapolis IN USA	31/05/2008	9.37.08		COUNTY RECORD
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VETERAN MEN RANKINGS 2008**200m**

Gordon Slater	Norwich	10/05/2008	27.1
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300m

Gordon Slater	Dagenham	30/05/2008	43.6		Club Record
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400m

Gordon Slater	Norwich	10/05/2008	61.1
Mark Gotts	Kings Lynn	18/05/2008	63.4

600m

Gordon Slater	Dagenham	30/03/2008	1.38.3	Club Record
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800m

Gordon Slater	Norwich	10/05/2008	2.20.8
Andrew Bunn	Kings Lynn	18/05/2008	2.21.8
Paul Woodyatt	Kings Lynn	18/05/2008	2.45.3

1500m

Guy Amos	Watford	18/06/2008	4.06.59
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3000m

Guy Amos (40+)	Watford	30/07/2008	8.38.35	Club Record
Paul Woodyatt	Gt Yarmouth	22/06/2008	10.10.1	
Mark Gotts	Kings Lynn	18/05/2008	10.53.5	
Andrew Bunn	Gt Yarmouth	22/06/2008	11.24.1	

5000m

Guy Amos (40+)	Cambridge	07/06/2008	15.23.3
Paul Woodyatt (40+)	Norwich	10/05/2008	18.55.9

High Jump

Glyn Long	Norwich	10/05/2008	1.10
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Long Jump

Mark Gotts	Kings Lynn	18/05/2008	3.84
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Shot

Jon Painter (40+)	Cambridge	06/07/2008	11.28
Mark Gotts	Kings Lynn	18/05/2008	6.44

Javelin

Tim Newenham	Great Yarmouth	10/08/2008	53.67
Glyn Long	Norwich	12/05/2008	21.68

Discus

Jon Painter 1.5kg	Norwich	14/09/2008	42.16
Mark Gotts	Kings Lynn	18/05/2008	14.04

Hammer

John Painter	Gt Yarmouth	10/08/2008	34.88
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VETERAN WOMEN RANKINGS 2008**60m indoors**

Lisa Griffin	Kings Lynn	20/01/2008	8.9
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60m Hurdles indoors

Carole Filer	Clermont-Ferrand FRA	17/03/2008	10.30
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100m

Lisa Griffin	Gt Yarmouth	22/06/2008	14.1
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200m

Carole Filer	Hemel Hempstead	10/08/2008	30.5
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800m

Claire Forbes	Ljubjana SLO	02/08/2008	2.15.17
Carole Filer	Clermont-Ferrand FRA	17/03/2008	3.02.76

1500m

Claire Forbes	Birmingham	06/07/2008	4.38.70	COUNTY RECORD
Jane Clarke	Kings Lynn	15/08/2008	4.48.5	

3000M

Claire Forbes	Watford	07/05/2008	10.10.13	COUNTY RECORD
Jane Clarke	Cambridge	06/08/2008	10.24.7	

Mile

Claire Forbes	St Peter Port	31/08/2008	5.00.44	COUNTY RECORD
Jane Clark	Peterborough	19/08/2008	5.19.1	COUNTY RECORD
<u>5000m</u>				
Claire Forbes	Ljubjana SLO	02/08/2008	17.22.20	COUNTY RECORD
<u>300m Hurdles</u>				
Carole Filer	Ljubjana SLO	27/07/2008	53.66	CLUB RECORD
<u>400m Hurdles</u>				
Carole Filer	Cambridge	06/08/2008	78.9	
<u>High Jump</u>				
Carole Filer	Lee Valley	23/02/2008	1.47	
Lorraine Brown	Kings Lynn	18/05/2008	1.30	
<u>Long Jump</u>				
Carole Filer	Birmingham	05/07/2008	4.82	
<u>Triple Jump</u>				
Carole Filer	Cambridge	06/08/2008	8.70	
Lorraine Brown	Kings Lynn	18/05/2008	8.38	
<u>Shot</u>				
Carole Filer	Clermont-Ferrand FRA	17/03/2008	7.33	
Lorraine Brown	Kings Lynn	18/05/2008	6.83	
Lisa Griffin	Gt Yarmouth	22/06/2008	6.53	
Karen Glen	Kings Lynn	18/05/2008	3.50	
<u>Discus</u>				
Lorraine Brown	Norwich	03/09/2008	20.71	
Lisa Griffin	Gt Yarmouth	22/06/2008	14.64	
Karen Glen	Kings Lynn	18/05/2008	12.34	
<u>Javelin</u>				
Lorraine Brown	Bury St Edmunds	17/08/2008	23.52	
Karen Glen	Kings Lynn	18/05/2008	19.71	
<u>Pentathlon indoors</u>				
Carole Filer	Clermont-Ferrand FRA	17/03/2008	3746	